

Sugar alternatives

SUGAR	XYLITOL	ERYTHRITOL	NATVIA	'SUGARLESS' ORGANIC STEVIA BLEND	100% PURE STEVIA POWDER	STEVIA DROPS
1 tsp or 4g	1 tsp or 4g	1 1/4 tsp or 5g	1 tsp or 4g but we recommend starting with half	2 tsp or 4g but we recommend starting with half	1/35th	2-3 drops
5 tsp or 20g	5 tsp or 20g	6 tsp or 25g	5 tsp or 20g but we recommend starting with half	6 tsp or 20g but we recommend starting with half	1/7th tsp	approx 10 drops or .5ml
25 tsp or 100g	25 tsp or 100g	31 tsp or 125g	25 tsp or 100g but we recommend starting with half	26 tsp or 100g but we recommend starting with half	5/8th tsp	approx 50 drops or 2.5ml
1 AUS cup or 238g	1 AUS cup or 238g	1.25 AUS cup or 295g	1 AUS cup or 238g but we recommend starting with half	1 AUS cup or 238g but we recommend starting with half	6g	6ml
1 US cup or 225g	1 US cup or 225g	1.25 US cup or 275g	1 US cup or 225g but we recommend starting with half	1 US cup or 225g but we recommend starting with half	5.5g	5.6ml
Notes	Xylitol is highly toxic to dogs but tolerated well in people if you build up slowly	Erythritol is safe around pets and tolerated well in people	Packaging says it's a one for one swap from sugar, however we suggest halving it is a good starting point as it has a bitter aftertaste for some	Packaging says it's a one for one swap from sugar, however we suggest halving it is a good starting point as it has a bitter aftertaste for some	The most natural of the sweeteners, but has an aftertaste that takes getting used to for some	The most natural of the sweeteners, but has a bitter aftertaste that's takes getting used to for some, we find the drops better than the pure powder in this respect